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Better Sex Through
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Desire [Brotto, Lori A.,
Nagoski, Emily] on
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groundbreaking look at
improving desire,
arousal, and sexual
satisfaction through
mindfulness. Studies
show that
approximately half of
all women experience
some kind of sexual

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difficulty at one point
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getting in the way of
satisfying sex, or just
want a better sex life,
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only benefit you, it will
also benefit your
partner. Im talking the
talk and walking the
walk.

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Focusing on women, *Better Sex Through Mindfulness* (2018) explores why stress and a lack of attentiveness are the root causes for many sexual problems, and shows how mindfulness can help all women be more satisfied, both inside and outside the bedroom.

**Better Sex Through
Mindfulness by Lori
A. Brotto, PhD**

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Better Sex Through Mindfulness explores the cause of the ever-rising sexual problems in women and how mindfulness is the key to sexual satisfaction. About The Author . Lori Brotto is a Canadian psychologist most notable for her interest and work in sexual arousal in women.

**Better Sex Through
Mindfulness (2018)
Book Summary and**

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...
Sex and mindfulness.

We live in a sex-saturated society where messages about pleasing your partner and navigating casual hook-ups are abundant. On television, we see couples having unrestrained sex in elevators, without having to worry about using condoms, putting the kids to bed or brushing their teeth.

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Better sex through mindfulness - Women's Wellness - Love

They're not always thrilled when I tell them they need to change their brain structure. And sometimes even less thrilled when I tell them one of the best ways to change their brain for better sex, is mindfulness meditation. A key

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factor in having better sex is actually being there when you're having it.

Better Sex? - Mindful

In *Better Sex through Mindfulness*, acclaimed psychologist and sex researcher Lori A. Brotto, PhD offers a groundbreaking approach to improving desire, arousal, and satisfaction inside—and outside of—the bedroom. A

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pioneer in the use of mindfulness for
treating sexual difficulties, Brotto has
helped hundreds of women cultivate more
exciting ...

Better Sex through Mindfulness - Greystone Books Ltd.

It can increase your sex drive. Really. Research finds that a mindfulness practice can help increase

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sexual desire and how
much you want to have
sex, says Fraser.
“You’re more likely to

...

5 Ways Sexual Meditation Can Help You Have Better Sex

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researcher Lori A.

Brotto, offers a
groundbreaking
approach to improving
desire, arousal, and

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satisfaction inside?and outside of?the bedroom. A pioneer in the use of mindfulness for treating sexual difficulties, Brotto has helped hundreds of women cultivate more exciting ...

Better Sex Through Mindfulness: How Women Can Cultivate ...

The book, entitled Better Sex Through Mindfulness, is

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authored by Dr. Lori
Brotto, a psychologist
at the University of
British Columbia. Dr.
Brotto has used
mindfulness as a
treatment in her ...

**Better Sex Through
Mindfulness - An
Interview with Lori
Brotto - Sex &
Psychology**

The book, entitled
Better Sex Through
Mindfulness, is
authored by Dr. Lori

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Brotto, a psychologist at the University of British Columbia. Dr. Brotto has used mindfulness as a treatment in her clinical practice for years in addition to performing extensive research on its efficacy.

Better Sex Through Mindfulness: An Interview With Dr. Lori ...

This video captures the

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fundamental message
of Dr. Lori Brotto's
book Better Sex
Through Mindfulness:
Enjoy. The. Moment. It
was created by the
Pleasure Mechanics
with an excerpt from
episode #290 ...

**Dr. Lori Brotto on
how to have "Better
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And when sex suffers,
so do all other areas of
life. But it doesn't have
to be that way. In

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